



UCCOOK

Ginger-soy Sauce & Ostrich

with jasmine rice & peas

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	645kJ	2797kJ
Energy	154kcal	669kcal
Protein	9.5g	41g
Carbs	21g	90g
of which sugars	1.9g	8.4g
Fibre	1.8g	8g
Fat	3.3g	14.3g
of which saturated	0.8g	3.3g
Sodium	91mg	628mg

Allergens: Gluten, Allium, Wheat, Sulphites, Fish, Soy, Shellfish

Spice Level: NONE

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

300ml	400ml	Jasmine Rice <i>rinse</i>
120g	160g	Peas
120ml	600g	Soy Sauce Mix <i>(60ml [80ml] Low Sodium Soy Sauce, 15ml [20ml] Fish Sauce & 45ml [60ml] Rice Wine Vinegar)</i>
450g	160ml	Free-range Ostrich Strips
15ml	20ml	Cornflour
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
30g	40g	Fresh Ginger <i>peel & grate</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Paper Towel

Water

Sugar/Sweetener/Honey

1. RICE & PEAS Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat, add the peas, and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. OSTRICH & SOY SAUCE SLURRY Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan and cut into bite-sized pieces. Set aside. In a bowl, combine the soy sauce mix, and the corn flour to make a slurry.

3. GINGER CARROTS Return the pan to medium heat. When hot, fry the carrots pieces, and the onion until starting to brown and soften, 8-10 minutes. Add the ginger until fragrant, 1-2 minutes.

4. SIMMER YOUR DINNER Add the soy sauce slurry, 150ml [200ml] of water, and a sweetener (to taste). Simmer until slightly thickened 4-5 minutes. Add the browned meat, and seasoning.

5. DELISH DISH Dish up the fluffy rice, and spoon over the saucy ostrich. Enjoy!